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## Things heating up at bloom



Photo by Michaela Elsley

Gastronomy students at Bloom are learning the heat in their new fifth week of the program.

### BY MICHAELA ELSLEY

Bloom may look, taste and feel like a gastronomic vacation resort. However, situated behind those elegant doors is a fast-paced educational hybrid run by Gastronomy students — does this mean the difference?

While Gastronomy students move about frantically in the kitchen, a continuous series of plates flood the dining room

which is located at Coronation's Waterlooville campus. Students, and faculty, rotate down after each class session to prepare food, and clean rooms for meal prep, and clean off, a unique dining experience.

There are no waiters at Bloom; students' meals have been filled in reservation book at a staged pace. They have even been sent to Facebook, racking up as many as 60 posts



Due to customer request, the addition of "Chef's own" has been implemented. This result is a free meal of the teacher's creation with the word of the day being offered after each meal.

According to Matthew Wieden, executive chef manager at Bloom, "I thought it would be interesting to see us as open kitchen concept without actually opening the kitchen."

"The idea is to appeal people that this is a live classroom. As far as the students at Bloom change from year to year, which is how it should be."

Although the place has definitely picked up since the beginning of the semester when students purchased a meal service for practice, the team said that the transition to real customers was a fairly easy one.

"We have some laughs here and there, just like any restaurant, but we have all worked pretty well," said culinary student Emily Rose Schmidauer.

"We have given great practice at the beginning of the year," said Lisa LaFlamme, "now it's just like being at work."

For more information visit [Bloom](http://www.bloom.ca), including online reservations and the current menu, visit [www.cateringatbloom.ca](http://www.cateringatbloom.ca).

## United Way to honour CTV's Lisa LaFlamme

### BY KIRK PETERSON

United Way K-W and Area is hosting its annual celebrity event on Dec. 10. Every year, they honour a local individual to help raise money for their fall campaign.

"Tales of a TV Journalist" is honouring Lisa LaFlamme, the news anchor and reporter for CTV National News at the Peterborough and Kawartha studios of 7 p.m. The special guest will be Jeff Hodgekiss, the sports and

weather anchor for CTV 2 and CTV's general sports anchor Lloyd Robertson, who is also the host of the *Lloyd Robertson's Sports Show* on CTV 2. James Duthie, a host of *The BNN* on CTV, Mark Lepage, the former commissioner of United Way K-W said that the event will be a cocktail-style reception.

"There will be food stations and hors d'oeuvres served," Lepage said. "Each food station represents a community

where Lisa LaFlamme spent a large news story." For example, there will be a Johnston radio station because she covered the station in March. "With many smaller towns right next to little unique stations, it's nice to be an emerging kind of magazine," a media release said. It will also have plenty of behind-the-scenes stories of LaFlamme's rise from a Peterborough TV reporter to the national news anchor.

LaFlamme began her CTV career in Kitchener Waterloo in 1991. In 1997 she became a meteorologist news reporter and the weekend news anchor for CTV news. Over the years she covered two wars, Canadian politics in Ottawa and hosted Canada AM. She received awards such as the RTNDA award for best live coverage of a breaking news event. Lisa LaFlamme earned nominations and an honorary doctor of law degree from Wilfrid

Legend University.

The organization's goal for this year's fall campaign is \$6 million, 10 percent higher than last year, but they estimate that they likely reach \$8.5 million due to the economy.

Tickets are \$125 and are available at [www.unitedwaykw.ca](http://www.unitedwaykw.ca). Proceeds will go toward the United Way's fall campaign to help local families in need, which have grown significantly in number this year because of the economy.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students. If you could live as any other person for 24 hours, who would it be and why?



"I want to be my dad so I could know what he was thinking about you on the day I was born."

**Malvina Scott,**  
Interim Vice-President Academic

"I want to be a homeless person, because it would give me a better appreciation for what I have now. I wouldn't take it for granted anymore."

**Thomas Bannister,**  
Faculty Chair and Associate



"J. Edgar Hoover would have been cool. He was a very powerful and mysterious person. He recruited many of the greatest forensic scientists we have today such as the fingerprint. It would have been interesting to see the developing-minds."

**Eddie May,**  
Interim Vice-President Academic

"I wish I could have been Ned Beatty on the set of *Breakfast at Tiffany's*. The mood is tops, and I enjoyed it."

**Lou Rong,**  
English language arts teacher



"Neela Tolia. He was one of the most mysterious people that ever lived. There are so many conspiracy theories that surround him... It would be cool to know which theories are true and which ones are not."

**Adam Cox,**  
general mechanics

"I want to be the president of the United States. Not one in particular, just any because I would have 24 hours to do whatever I wanted."

**Sandrine St. Hilaire,**  
business foundations



Some answers, you might say, are unpredictable.

# Metal bands battle for Ontario

**Structures has better sales but Counterparts has the better music**



**Kristy  
Langridge**  
Opinions

Dec. 10 was a big day for Ontario metal bands.

Approximately the province's two biggest heavy bands, Counterparts and Structures, dropped their new albums on their own labels. Victory Records for the former and Hammerhead Records for the latter.

And though Structures had better according to the numbers — with first week sales of 1,188 according to Nielsen SoundScan, compared to Counterparts' 588 — which was better from a musical point of view?

While still cataloging most of Metal Doggdom and live shows elsewhere, Ontario rockers such as the aptly titled University Counterparts remain unsure of their new direction and end up sounding like Prophets Part Two.

University's other side devotes itself to those melody to fully content.

But when Counterparts put aggression before melody on tracks such as "I Am No One" and "Waste God," they prove that an adept at playing aggression master can make it.

Lead singer Joaquim Slop ends each line, "We will be annihilated," and if they keep making music as good as that, they almost certainly will be.

45

**Definitely, for a band that made its name playing a mix of the melodic and heavy, it works best when they separate them**

Counterparts took a risk on their newest effort. The Current Will Carry Us "They decided to ditch the bands down-tuned guitars and instead go for a more melodic based foundation, with breakouts here and there between it and metallicity."

Definitely enough for a band that might be caught playing a mix of the melodic and heavy in words but when they separate them.

Alfman opines, The Discosaurus, "comes out with melodic guitars picking, while others chose..."

Definitely, he's off the chart, too! And the guitar players that continue to equally un-perturb in progress.

The range is between

Meanwhile, Structures took a major route on Decades EP. Each track takes a progression over the remaining cuts that builds up the down-tuned beatdowns on the tail of the sleeve EP.

It's nothing that any of the last songs on the album — Encouraged and In Pursuit — are re-coupled from the aforementioned EP. But they chose not to re-record.

Alfman, amazingly, because they decided not to incorporate any transitions in their songs, which jump from off to full like instant ADK.

Although interesting parts are littered throughout the CD, they disappear as quickly as they come.

One of the more pleasant yet distinct perks on the CD including the pop-punk segue choices in Decades suggest that if Structures breached our world of blackened down they might have made a truly memorable album.

But does Structures worth being listed given in the way of potentially interesting songs — such as the intro, "Cry" (not the song title) which rolls at a completely unnecessary bassline.

With the guest vocals from Hammerhead Drummer and Decade's front rower sound effects and reused ADKs, that's about as far off the mark as it's gonna get — for a few times, but eventually, you've got to grow up.

5/5

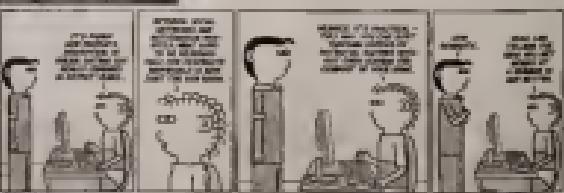


Counterparts made it with their new album.



Structures took a much harder route.

### Top Discos



# Constructing a career

By ALEXANDER DIAZ

**Women #1** Cambridge's Waterloo campus are making their mark.

Since 1993 the Ontario government has helped fund the women in skilled trades program (WEST).

The program, which runs for 20 weeks, allows female students to learn and on-the-job training to women with low incomes who are unemployed or underemployed and help prepare them for jobs, according to the Ontario government website.

Over the last two years, the Mid-Western participant has received \$3.3 million to help low-income women across Ontario attend the training they need to enter a future career. "I think the program is really good. I think the biggest flaw in the women knowing they can achieve it, they're doing it well and they know they can do it," said Kristen Goss, Liaison Officer for the School of Trades and Apprenticeship.

According to the college's website, the program will equip students who wish to make a career in the construction industry as a journeyman, with the basic skills required to secure a position as an apprentice, and to work safely and professionally in the industry.

Women are encouraged to investigate the significant benefits of a career in skilled trades.

"I think that women can bring a lot to the trade. It's kind of like an unexplored resource really, because it's been such a male dominated world for so long," said Goss.



PHOTO BY ALEXANDER DIAZ

Karen Lee uses a nail gun during her construction on Nov. 18.

Quinnie, a student of the WEST program.

"I've done it before. This is kind of my niche," said Quinnie Kowalewski, another WEST student. "All the girls have an interest in it and different but we all get along so well. I think it's important for women to be in there. Boys gotta know what's up."

There are currently 25

women enrolled in the WEST program. Courses include building services, concrete laying, hand and power tools and health and safety. For admissions requirements and start dates visit the School of Trades and Apprenticeship's page on the college's website, www.camgov.on.ca, click on program development and then programs and courses.

# Survey reveals cafe food too pricey

By AMBER RYDAN

"I can't get no satisfaction" isn't a song by the Rolling Stones. It's the how students feel about the high price of food at Cambridge's cafeteria. A recent survey conducted at the college revealed that nearly 50 per cent of students were not satisfied with the cafeteria pricing.

Out of the 50 students surveyed 23 claimed the prices to be between合理 and very unfair. This is in contrast to the high satisfaction rate as regards to the quality of the food. Only 10 per cent of the students said that the quality was below satisfactory. "It's great, but the food is very expensive," said Aram Israely, a second-year architecture student.

In reference to the Cambridge cafeteria, Tyler Little added, "The OBC, the burgers are good but the prices is bad" as he sat stretching on a fluffy matress.

Other survey data showed



PHOTO BY ANDREW HEDDERSON

Portrait of electrical engineering student Tyler Little resulted in a matress in the Cambridge campus cafeteria. He gives it a thumbs up.

One-third per cent of people said they spent more than \$20 a week in the cafeteria with two people saying that they spent more than \$50 a week. A vast majority of students responded that the only thing they put more than \$20 a week into their meal plan to buy their own lunch.

## FARE FACTS

- Money spent per week in the canteen. Twenty-three people spent \$10 or less, 13 people spent \$20, four spent \$30, four spent \$40 and two people spent \$50 plus.
- Cafeteria usage. 17 people eat the canteen once a week, 12 twice a week, 11 three times a week, seven, four times a week and three, five times a week.
- Food quality in the cafeteria. Seven people were satisfied, 10 people were satisfied, 20 people were mostly satisfied and four people were very satisfied. No one said they found the food unsatisfactory.
- Pricing in the canteen. Thirteen people thought the prices were very unfair, 10 people thought they are reasonable, 13 thought the prices are reasonable and eight people thought they are mostly reasonable.

# Swapping parking pass should be easier

Next semester is almost over, but three students discussed everything they paid for and expect for in certain cases, such as now, the answer is no.

For those of you who drive to school and attend full-time classes, buying a parking pass is necessary. Buying roughly \$400 for the first parking pass should mean you pay what you pay for – an entire lot to park in your campus and near your classes.

I purchased a pass online in the summer, and now, on the first day of September, I went to park at U of C. I was upset to discover that I had accidentally purchased a park pass for the new Cambridge Campus and I was really dis-

Roshni Patel  
Governing  
Opinions

Tara Lee at the Waterloo campus immediately I tried to exchange the park pass for an orange one, which had originally intended for parking. On top of having a big inquiry from an admin, paying the same sum of money to only have a choice of two lots at the Waterloo campus of multiple lots didn't seem fair.

The park parking pass allows you to park in one stamp lot and one blue lot at

Dixon, which are further and least the open parking.

Cambridge isn't the only issue involved. I've had trouble with the two lots ever since then that the ones I paid to park in. The number of spaces available and the distance for a problem. If you're running late, you won't be allowed to leave to walk to your destination. If you're starting a large project, the same applies. As well, if it's raining under cold rain frequently in the winter, you probably won't be able to get to the school as quickly as possible.

I was told I could contact back in the university office in one month and receive my current parking pass. They kindly laid along would truly

fix me since the passes were the same price.

I thought that was reasonable. I went back to the office one month later as requested and I was told that they had changed their minds; they wouldn't exchange my lot because the lots were "less the way they were," as an old bus is no longer.

After paying for the pass and constantly walking for that month, I was shot down and forced to pay.

If the lots were "less," why wouldn't they switch? I had been told that they were still different if they were going to the pass switch or not, rather than telling me I could definitely switch my pass no problem in one

month, at least I wouldn't expect that I may not get the pass I wanted.

I was told that if I can get a doctor's note that I could have my pass. A doctor's note to get the parking pass I was already provided access. Interestingly, I don't understand why the money I paid for my parking pass like right now, as my campus doesn't worth it to a month. If the price wasn't as expensive as it is, maybe I wouldn't mind so much, just over a simple mistake of just choosing the other campus's pass. I am still in a distant in all this.

I may be getting what I paid for in my classes, but I am not in terms of parking

# We remember

By ANDREW SAWYER

In 1921, Rudyard Kipling, an English poet who won the Nobel Prize in 1907 for literature, wrote a poem titled "Recessional" where the phrase "Land We Fight" was first printed. It was written for Queen Victoria's 50th year in power, a time when British imperialism was at its peak, a status which English imperialism was to lose through a steady decline in the decades to come. The words were meant as a warning, of the pride of hubris and the inevitable decline of imperial power.

Today however, Land We Forget refers to the names and numbers of soldiers who fought and died during war. It refers to the sacrifices and hardships made by the people back home while their sons, brothers and fathers fought overseas. It refers to the atrocities and tragedies witnessed by men who returned home, clutch silent or the mere silence. It's a phrase we use in hospitals and news rooms for nearly week for the month of the year.

Remembrance Day was established in 1931 by King George V as a way to show gratitude to those who died in The Great War. The tradition continued and spread throughout the Commonwealth as the world plunged into another global conflict only 22 years later.

Now, in 2005 we remember not only those who died in the First and Second World Wars but also the Korean War, the many peacekeeping missions Canada has led and participated in and most recently, the Afghan conflict.

We are supposed to learn history in order to stop it from repeating itself. Remembrance Day can be used to have the same goals. However, as history clearly shows, we are doing a miserable job of it.

Nearly 114 years later, Kipling's words appear to be falling flat.

In Kipling's poem, progress that once informed shorts and coats full in the ground and our hospitals were now world number one progress and no one could afford to ignore, costing literally all out feet. In a short 114 days short pants can now make by programmes we feel further disconnected from and increasingly wary that, though our armed forces to travel overseas and land based programmes such as ours can even find on a map. All paid for with our tax dollars.

Now these few final words, staring blankly at your feet on the 11th hour, of the 11th day on the 11th month comes and goes, reflected not only on the soldiers who so bravely gave their lives suffering nothing but fear for our policies, but also ask yourself what you can do to prevent further blanching of our circumstances and remove

The cross horses represent the portion of the stampa per not accompany the author.

## Letters are welcome

Spoke publishes letters to the editor. Letters should be signed and include the name and address of the writer. Letters will be considered for publication.

**Editor:** Spoke, 210 Dura Valley Dr., Room 2030, Kitchener, Ont. N2G 4M4.

Letters should be no longer than 200 words. Spoke reserves the right to edit any letter for publication. Address comments to:

The Editor, Spoke, 210 Dura Valley Dr., Room 2030, Kitchener, Ont. N2G 4M4.



I'm pretty sure this isn't what the Americans had in mind when they asked Canada to increase perimeter security.

## Would you turn your brown eyes blue?

There's an interesting question. If you had the option to change your eye colour, would you do it? Of course you'll have to pay \$5,000 and undergo laser-lens surgery. I found an article on the subject while perusing the Internet one evening. Apparently one does not need infrared contacts to do the same. Laser eye colour surgery. There is a way to change it permanently.

Gregg Hunter, a California doctor, claims he's performed 100 procedures to perfect a laser treatment that can permanently turn brown eyes blue. Hunter has 10 years. A computer vision surgeon uses a laser to damage the brown pigment on the eye. Since this pigment has turned the brown pigment, covering the outer layer of melanin can bring about a blue tint to the eyes. Over the next two to three weeks, the body removes the damaged melanin and the pigment turns up, turning brown eyes to blue.

Surprisingly enough, this does not last long. According to expert Dr. Robert Cyphers, an eye specialist from NYC, when you turn away



Abby Wolden,  
Guelph  
Optician

the brown pigment with a laser, the debris is likely to sit up the maculae, which sits at the front of the eye. This can result in glaucoma. That brings me to yet another question. Why only blue? Why couldn't he have developed a procedure to turn blue eyes brown, brown eyes green etc? What kind of storage is being used here? After all these years, do we still find the blue-laser blue-eyed European looks impressive? I am surrounded at work by professionals who travel to undergo eye colour surgery.

Perhaps the future druggie Macguffin might be born. He was a Gamma 35 officer and a physician in the clandestine resistance camp. He was notorious for performing great eye experiments in camp, including cleft lips.

Many of these experiments were based on creating a blue and, blue-eyed men

One of his most famous experiments was attempting to change eye colour.

Macguffin's eye colour would affect eye care the eyes of a child. This often resulted in injury and sometimes blindness not to mention disfiguring pain.

I am not trying to compare Hunter to Macguffe. For one thing, Macguffin's patients did not have a choice. Hunter is not personally causing any underground and forcing them to undergo his new procedure.

Here's something else to think about. Brown eye colour provides more UV protection than lighter colours and is claimed, an eyelet where your visual exposure to sunlight is greater. So if you turn away the melanin, you no longer have eye protection. You live in eye damage when you turn away the melanin.

I suppose I care understand the lengths some people go in order to change their appearance. Whatever happened to common beauty? The questions regarding the new colour of a blue-faced blue-eyed individual who infests a setting outside the norm are countless.

## SPROKE

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# Ladies of TV get big laughs

The more women may be hired to figure out. The other women, however, may be hired to get along with her to advertise, because are extremely profitable. And they are funny.

It seems that now more than ever, prime time sitcoms are filling the screen with leading ladies to raise their status. However, finally girls like managers that laughing ladies require high ratings.

With the success of *Brooklyn Nine-Nine*, the past summer and *Brooklyn Nine-Nine*, the past summer and *Brooklyn Nine-Nine*, it was only a matter of time before female stand up made its way from the tiny stages of *Stand Up Comedy Club* to the gleaming tiered in the small screen.

This season *Brooklyn Nine-Nine* shows down from the previous year of women, without them being presented as strong, mysterious or simply back-preserved women.

Here are two great shows to tune into:

**Whitney**, a show based on the stand-up routine of Whitney Cummings, does make everyday ups and downs happen while working and living with their boyfriends in a big city. Relying from real life scenarios and what an honest of a love story it is, Whitney is honest and forthcoming discussing relationships as they truly are. Featuring everything from the bad pick up lines to the real worldness that multiplying in

Sarah  
Shan  
Opinion

the bedroom can result in, Whitney shows the honesty that happens when a couple has been together for years.

**Two Broke Girls**, a show written by Michael Puduss King (writer of *One Day in the City*, the cult classic) about and produced by Whitney Cummings, had the highest fall preview rating of any comedy since 2003.

Based out of Brooklyn, *Two Broke Girls* tells the story of two young women of different economic backgrounds struggling to make a life for themselves.

Both in their early 20s, the names played by Kat Dennings and Beth Behrs try to make their way through the challenges of living on their own for the first time.

An also quirky show on season premieres in its second night now detailing the lives of 23 something single women, it covers all purposes well while not being too serious.

Both shows share enough similarities and enough of differences that they offer for different audiences to appreciate them.

The women, who are beautiful, honest and hilarious, are definitely bright. Even though problems. It's about time.

## Budget your way to FINANCIAL SUCCESS!

### Financial Basics Workshop FF-BB034

Learn money management skills 101. Topics include managing income, cash and debt, processing monthly bills and saving for the future. Ideal for young adults (parents welcome too!)

Workshop Dates Date Main Campus Workshops from Nov 21-24

Location Conestoga College 1995 North Valley Drive - Waterloo  
Cost \$50.00

Register online at [www.conestoga.ca/courses](http://www.conestoga.ca/courses)  
Program must register four weeks in advance



## CONESTOGA STUDENTS OFFER A HELPING HAND

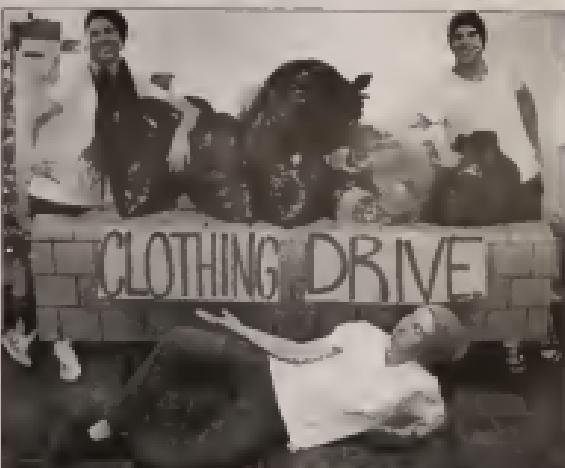


PHOTO BY CHRISTINE KELLY

Conestoga students demonstrate their compassion — marketing students (from left) Charles Patterson, Taylor Harrington and Brighton Poirier, hold a clothing drive Nov. 9 and 10 with donations going to Reaching Our Outdoors Friends, an agency committed to the overall well-being and providing safety and support for homeless youth and youth who are at-risk, 12 to 20 years of age. In Waterloo Region, Bright and Biggs of Waterloo was selected. See additional photo on Page A2.

## Learning Groups Fall 2011 Schedule

Learning groups are ten weekly study groups that are designed to help students through historically difficult courses. They offer a chance to meet with a senior student and other classmates to compare notes, discuss concepts, develop learning strategies, and prepare for exams.

This semester learning groups are offered in the following courses; all you have to do is show up!

	Start Time	Room Number
Pre-Health Biology 1 Linear Statistics	Fridays Sept. 23-Oct. 8 9:00-10:30 am	A204
Pre-Health Biology 1 Linear Algebra	Mondays Oct. 3-Oct. 8 3:00-4:00 pm	A203
Communication Skills Leadership	Thursdays Oct. 20-Dec. 8 11:00-12:00 pm	A211F
ITCP-CPA, Programming Fundamentals Linear Algebra	Tuesdays Oct. 4-Oct. 8 10:00-11:00 am	A203
NET/CET C Programming Leadership	Mondays Oct. 3-Oct. 8 9:00am-9:30am & Thursdays 11:00-12:00	2202-3 (Monday) NET
Civil Statics Leadership	Tuesdays Oct. 4-Oct. 8 2:00-3:00 pm	A215B
Accounting Accounting 1 Leadership	Thursdays Oct. 20-Dec. 8 11:00-12:00	2207

# Conestoga students receive international awards

By BRADAN PRESTON

Sixteen Conestoga College students and one alumnus received scholarships from the International Facility Management Association Foundation Management Education Foundation.

The students, all from the architecture — project and facility management program (AFPM), and the alumnus number transferred to physics. Also, three were the highest-rated, with values between \$1,000 and \$5,000.

The IFMA Foundation, based out of Houston, Texas is a nonprofit organization dedicated to expanding job opportunities, knowledge and research about the growing industry of facility management. It is funded through the generosity of IFMA members, chapter councils, corporate sponsors, and private contributions.

Early year, the IFMA Foundation awards 30 to 40 scholarships to undergraduate and graduate students in facility management-related postsecondary programs around the world.

The Bachelor of applied technology in architecture — project and facility management is a three-year applied degree program at Conestoga.

The program which focuses on project-based learning is accredited and based on up-to-date research which provides students with real-world experience.

The AFPM program is one of only nine IFMA accredited post secondary institutions throughout North America. Among the ranks of Brigham Young University, the Pratt Institute, Cornell University, and the Georgia Institute of Technology, Conestoga College is the first and only Canadian school to be recognized by IFMA Foundation to date.

Scholarship winners are selected based on merit. The applicants are graded on their past achievements, leadership skills and involvement.



Photo © SPONGE

Sixteen Conestoga College students and one alumnus received scholarships from the International Facility Management Association Foundation Management Education Foundation, which had a total value of \$200,000. Shown are (left to right) students Ryan Van Rielop, Farzana Majeed, Aliza Javed and Jim Bertrand, who is a professor in the AFPM program at Conestoga College. Bertrand is also a board member of the IFMA London Chapter and is the faculty advisor for the IFMA Foundation for Conestoga.

ment in the world of facility management. The application also includes a letter of professional intent, letters of recommendation from co-op employers, a resume and an academic transcript.

Although Conestoga's AFPM students have been winning IFMA Foundation awards since 2000, 2003 marks the first year in which Conestoga has had such wide success with seven students and a graduate win the \$5,000 in awards.

The winners, who are all third and fourth year AFPM students, are: Farzana Majeed, Meagan Morrison, Flavia de Martino, Aliza Javed, Ryan Van Rielop, Aliza Javed and Sean McIlroy. Also, an alumnus was Meagan Ross, a Conestoga AFPM graduate who is currently attending the University of Calgary where she is studying for her master's degree in interior design.

**Meagan Ross**

The following are details of the scholarship winners:

■ Farzana Majeed received a \$10,000 scholarship from The Corporate Facilities Council. Majeed is a third year student in AFPM who is currently the public relations director of IFMA. Conestoga Student Chapter Open can follow at [www.IFMAconestoga.org](http://www.IFMAconestoga.org).

■ She has previously worked for employees such as

Silhouette Canada Inc., De Workforce Management and Conestoga College where she completed on the Native People for Survival and Life Sciences University. Majeed is participating in an international exchange with St. Anne's University, The Netherlands where she is studying in the international facilities management program.

She is a resident of Waterloo.

■ Meagan Morrison is a fourth year student who was awarded a \$10,000 scholarship

from The Corporate Facilities Council. Morrison is currently the vice-president of the IFMA. Conestoga Student Chapter. She has completed co-op work terms at Novacor Inc. where she worked as a facilities assistant and later transferred to Conestoga College where she worked on the new Cambridge campus.

Morrison is currently working on her final co-op at Maple Leaf Gardens Contractors Ltd., where she is working on an expansion project in south centre. She is currently a resi-

dent of Waterloo.

■ AFPM alumnus Meagan Ross is currently a candidate for a master's degree in interior architectural design at the University of Calgary. She received a \$5,000 scholarship from The Corporate Facilities Council. In addition to her studies, Ross has completed numerous co-op work terms and has served as an editor and thesis adviser for AFPM students.

■ Flavia de Martino won the Greater Philadelphia Chapter of IFMA Scholarship in the amount of \$4,000. She is a fourth year AFPM student and is currently the president of the IFMA. Conestoga Student Chapter. De Martino has completed on co-ops with Research and Motion, Public Works and Transportation Services and the City of Burlington.

She is a resident of Burlington.

■ Aliza Javed, a fourth year student at AFPM who has been awarded a \$10,000 scholarship from Canadian Chapters of IFMA. Javed has completed co-op work terms with the Hospital Building Committee and Residential Engineering.

In addition to her studies Javed has also been involved with the IFMA Ontario Student Chapter, has completed her LEED Accredited Professional certification and is actively involved with CoHAC (Canadian Green Building Council).

■ Sean McIlroy is a fourth year student and was awarded a \$1,000 award from the Greater Louisville Area chapter of IFMA.

McIlroy transferred into the AFPM program last year and is the scholarship director for the IFMA. Conestoga Student Chapter. McIlroy has completed both of his work terms at St. Mary's General Hospital in the engineering and biomedical services department and has more permanently relocated to Waterloo from Newmarket.

Photo: Courtesy IFMA Foundation, photo by Michael Valente

He has completed an up-to-date series with the Town of Langley's engineering department and Toronto Rehabilitation Institute's capital planning department.

Tan Kangas, will return to Toronto Rehab for his third year of work term this January.

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**CJ 108**  
**NEW PUNK**  
THE TRI-CITIES NEW  
ROCK ALTERNATIVE

# STASH BASH

## Judging Categories



### The Lame Mo

An NOVEMBER BASHER WHO HAS NOT BEEN INVOLVED WITH THIS EVENT IN THE PAST, THAT PRESENTS A BRIGHT AND FUNNY MO. IT IS NOT NECESSARILY A STYLISH PERSON, BUT ONE WHO IS UNUSUAL AND UNPREDICTABLE.



### The Ultimate Mo

A NOVEMBER BASHER ON THE CUTTING-EDGE, WHO IS OF HIS MO. AWARDED TO THE MO WHO IS THE MOST OUTSTANDING IN ALL ASPECTS OF STYLING, PERSONALITY, AND SHOWING OFF HIS MO. THIS MO MAY BE INVOLVED WITH AN UNUSUAL HAIR OR SHAPE.



### Best Mo Team

A NOVEMBER BASHER OR TEAM OF NOVEMBER BASHERS WHO ARE INVOLVED IN THE TEAM MO COSTUME IN AN OUTSTANDING WAY AND ADDITIONAL BONUS POINTS FOR CREATIVITY & ANY TEAM THAT INCLUDES A MO DEDICATED TO ALL FOUR OF THE SHADS.



### Best Mo in Character

A NOVEMBER BASHER WHO CHOSEN HIS COSTUME TO MAKE HIS MO DO SOMETHING HE WOULD NOT OTHERWISE DO. THIS COULD BE SOMETHING LIKE EXERCISING, EATING A LOT OF FOOD, OR DOING SOMETHING ELSE HE'S NEVER DONE BEFORE. ALSO, THEY WERE IN COSTUME.



### Best Mo Bro & Sista

AWARDED TO THE BEST MATCHING SISTER WITH A GROSSLY OVEREXPOSED BROTHER. BROTHERS DON'T GET THIS TITLE UNLESS HIS SISTER IS THE ONE WHO IS OVEREXPOSED. THE OVEREXPOSED SISTER MUST BE OVEREXPOSED IN A FUNNY WAY. OVEREXPOSED CAN BE OVEREXPOSED IN A COSTUME, OR OVEREXPOSED IN A HAIR COLOR, OR OVEREXPOSED IN A HAIR CUT, OR OVEREXPOSED IN A PERFORMANCE.



### Miss November

THE WOMAN WHO IS WEARING THE MOST APPROPRIATE COSTUME, WHETHER IT'S A HOLIDAY, A SEASON, A COLOR, OR A THEME. SHE HAS A GREAT REPRODUCTION OF THE MO AND DOESN'T WEAR A LOT OF MAKE UP. HER ENTIRE COSTUME IS AWESOME, BOMB.



### Man of November

THE GUY WHO IS WEARING THE MOST APPROPRIATE COSTUME, WHETHER IT'S A HOLIDAY, A SEASON, A COLOR, OR A THEME. HE HAS A GREAT REPRODUCTION OF THE MO AND DOESN'T WEAR A LOT OF MAKE UP. HIS ENTIRE COSTUME IS AWESOME, BOMB.

WEDNESDAY, NOVEMBER 30<sup>TH</sup> FROM 9 PM UNTIL 11 PM  
STAY TUNED FOR DETAILS



The Remembrance Day service was held at the cenotaph at Queen's Square in Cambridge on Nov. 11.



PHOTO BY JAMES BLACK  
Poppy flower remembrance for soldiers who served in the Afghanistan war five months ago



The last act (left) was a field before hundreds of people at the Remembrance Day service of those who died

PHOTO BY JAMES BLACK

# Lest we forget

## BY JAMES BLACK

"The truth is, I owe you. I owe you for being able to walk around, for friends, for freedom." Those words were written on a letter to veterans by a Grade 7 student.

The letters were encouraging.

Hundreds turned their backs at the 11th hour of the 11th day of the 11th month as the sun fell on the chilly Friday morning.

On the day dedicated to all drivers, past and present, the cenotaph at Queen's Square in Cambridge was filled with veterans and anyone who paid tribute to someone they sacrificed themselves for our freedom and fought for our country.

Among the hundreds of people who attended the cold were students.

"It's important for students to attend these services because of the role," said Fred Linton, secretary of the Royal Canadian Legion, Galt Branch 121. "The letter written by that

seventh grader [at right] on the board: If it weren't for the veterans we wouldn't have freedom. It's all because of them."

Students expressed honest

sorrows, determined to make

it known that it's important

for students to know and understand how our world has

gotten to where it is today.

An eagle symbolizes many things, protection, guardian

spirit, freedom, power and

independence to name a few.

This year an eagle staff was dedicated to the memory of Canadian Afghan veterans and their families. Each eagle staff on the staff was decorated by a living veteran in a different colour. The mid-November 11th marks, represented the 10th anniversary since the end of the war the staff was made.

The staff is a "moving memorial to Canada's contribution to the Afghan war," said Jim Whittemore, representative of the Canadian Airlines Forces Association. Businesses made just \$100 from proceeds to contribute something like that.



Barry Linton, secretary of the Royal Canadian Legion, Galt Branch 121, shows off the eagle staff a moment of silence at 11 a.m.



Jim Whittemore presents the eagle staff dedicated to Canadian Afghan soldiers who have died.



Veterans, family and visitors leave the field as they walk to pay their respects at the cenotaph in memory of their loved ones lost in battle at the cenotaph.

# GRAND OPENING IS A HIT

By ROBERT ROTH

"We didn't want them to individualize, so they kept the head of their origin up their noses, but then took it to the past, but let them also look to the future, but then back to the head of their ancestors, but let them keep it as the head of their children."

These words were spoken by the Wilfrid Laurier Institute's president as he gave a speech at the opening of the Wilfrid Laurier Institute's new exhibition, "The Wilfrid Laurier Institute's Wilfrid Laurier: The Man, His Ideas and His Legacy," on Aug. 26.

They are also the words associated with the cultural legacy of the Waterloo Region Museum.

Handbooks, if not thousands of people flock to the numerous great camping exhibitions on Nov. 16.

Following a ribbon-cutting ceremony, the museum opened its permanent exhibition to the public for the first time. The opening was met by more than 1,000 members of the community and regional area.

Everyone there knew Ron Rothko was among those who cut the ribbon.

Rothko has been helping Rothko to the day for a long time.

"It was my idea to open the historical section, and really overall, I wanted to do that kind of the room," he said. "When I came, we're working on preparing the other buildings for the community section and now the museum."

Despite his involvement in their development, Rothko was impressed by the exhibits.

"They covered all my expectations. I think they're very nice, very professional and yet it engages the people to be able to come in and learn, and possibly, to be inspired," he said.

He said the exhibits are well thought out and will not be everything.

Historical character Tom Galloway, who also took part in the ribbon cutting, was chair of the planning committee and executive director.

Galloway was happy to see the museum open and proud of what it has to offer.

"It's unique because," he said. "It's not a history museum. I think, as far as our associated museums go, it's pretty high standard. I think the exhibits are unique, the exhibits are outstanding, really. We've had the opportunity to have a great local

team of exhibits are in and they're really benefiting life in the Waterloo."

Galloway was also pleased with the people's response.

"The crowd has been just amazing," he said. "People are really open minded at how much you can get into that kind of space, all the different exhibits and artifacts, items and such, in 40,000 square feet."

And large exhibits are presents for everyone. Within collection of more than 20,000 objects on display, the museum is filled with the likes with Waterloo Region history.

The collection is made up entirely of donations from within the community, some dating back almost a century.

There are currently two main exhibits open at the museum. The longtime "What makes us who we are?" exhibit explores the human history of Waterloo Region over the past 12,000 years. And the "Unprecedented Thinking" explores that the Waterloo Region's exhibits explore innovation in the region since the 19th and how it became such a centre of innovation in the world.

Tom Rothko is the manager and curator of the exhibits. For the last five months or so, Rothko has been working hard to put together the exhibits and get the place ready for the public.

Rothko has been in the spotlight a few recently, but knows that people's attention should be elsewhere.

"This is not about me," he said. "This is about this great facility and the support from the Region of Waterloo to build it. It is really an amazing space, with great collections. I am just grateful about this community as well."

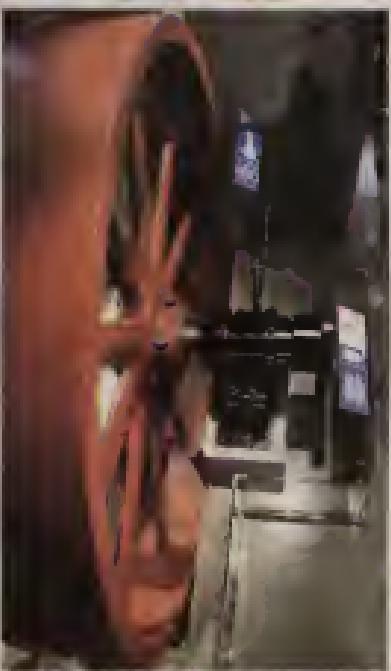
Rothko was also pleased with the response from the public.

"Everybody thinks it's amazing," he said, "and it is. It's a beautiful space."

Speaking of the space, Diarmuid Cook, one of the architects who designed the building, was on site and said he is very happy with the final product.

One of Rothko's most recent projects was the new building on Conestoga's Cambridge campus.

For more information on the museum, one can go to their website at [waterlooregionmuseum.ca](http://waterlooregionmuseum.ca).



Clockwise from top left: The Waterloo Region, as housed in the Hall of Fame; Galloway and Rothko view the Innovation wheel in the Unprecedented Thinking Innovation in Waterloo Region exhibit; visitors check out a giant Hydrulic in the What We Made exhibit.



# Conestoga alumni illuminate

By ERIN MCKEEEN

It was a night to recognize diverse careers last at the 13th annual Conestoga Alumni Awards of Distinction ceremony on Nov. 9.

Eight different graduates of Conestoga College were honored for their contributions to their fields, and over \$11,000 was given away to connect students at the Waterloo Science Museum.

"Conestoga always do make a difference. Because the people who shape our community and many of them got their start right here," said Wally Vipond, president of the Alumni Association.

The awards reception has an adequate decorated hall and the affair started in Fingersmith and Conestoga's hospitality program, which is headed by Chef Philippe Savoie, who also created a centerpiece for the event by creating a large bowl of fish and a Millefiori prawn.

Donald Henneman, a former pupil of Savoie's, was nominated and won in the hospitality category for his work as executive chef at Santa Lucia in Mississauga and Ottawa and for his work in other media restaurants across the country. Henneman, who graduated about 20 years ago, was surprised by his nomination.

"I didn't even know about the awards to be honest with you. It's a great honour just to be in



CHEF PHILIPPE SAVOIE, who heads Conestoga's hospitality program, served a festive centerpiece at the 13th Annual Awards of Distinction ceremony on Nov. 9.

the room tonight," he said.

In his acceptance speech he thanked Savoie and Conestoga for helping him achieve his dream of working in the food and beverage industry.

"Chef Philippe is one of the most amazing I've seen. He taught us three simple words, 'less is more,' which have been applied to everything in this place," said Henneman.

Other winners of the night

were CEO of Bemont Inc. Chandra Narine for business, Waterloo's assistant deputy fire chief Richard Hopkins for community service, CEO of Magnitude Partners Mark Kuehne for engineering and architecture, technology, finance and law graduate, and for The Waterloo Cancer Institute Dray Wright for health and life sciences, CSC sports administrator Dennis Loring for media and

design, and vice-president of PLG Components Ltd. Mike Doherty for trades and apprenticeship.

Conestoga president John Tibbles spoke at the awards ceremony about how the college benefits from the involvement and achievements of its own alumni members.

"Our dedicated alumni have, I think, helped to build our reputation," he said.

"One of the most important

were formerly immigrants to Canada and each spoke though how Conestoga truly made their dreams come to fruition.

Rohan Tabarkhah, immunology and biology grad, as for CIBN-TV Alberta, was the newest graduate award and said, "Being an immigrant working in Canadian science and pharmaceuticals was my dream and Conestoga helped me achieve that."

Tabarkhah added his acceptance speech as an exciting and positive note because he needs to laugh to succeed.

"You rock Conestoga. You changed my life," he said.

The Alumni Association provides several services to all 13,000+ graduates called Alumni programs, such as the chance to stay in touch or life insurance from longtime partner of Conestoga Johnson Insurance. Scholarships are also offered, such as teacher scholarships to many education, including Waterloo and Brantford.

Conestoga alumni also have access to open networking events, such as a travel website where they can book travel and accommodation at a discounted rate.

"Our Alumni Association works to build connections with Conestoga graduates worldwide. We value and promote a strong network for the college which supports students and faculty," said Vipond.

## Young and old can learn CPR

By ERIN MCKEEEN

Taking a simple workshop on basic resuscitation could help you save someone's life.

The Heart and Stroke Foundation, St. John's Ambulance, the City of Cambridge, the Cambridge Fire Department and the Kitchener Fire Department sponsored four classes on CPR and automated external defibrillators held in Cambridge and Waterloo Region.

"When we started this year and we had a short objective, we need to have one member of every house in the region know how to perform CPR and in how to use a defibrillator," said Tim Atchley, community resource specialist, for the Heart and Stroke Foundation of Ontario.

According to Atchley, most of the sudden cardiac arrests that occur outside the hospital are in the home or in a

public place, and the first few minutes are crucial to increase the survival rate from less than 10 per cent to 70 per cent.

The first thing you can do when someone is having one of these problems is to call 911 immediately so that help will be on the way. The goal of the two classes was to get 500 people to the Cambridge City Hall and the Waterloo Auditorium Block there that reported as many had to train more people every day.

"We hope we will be able to train everyone today, at least with 500 people learning the best saving skills at both sites to be around," Atchley said.

People of all ages attended, some as young as 10 and some as old as 80.

"We do this class because I've gone to several schools and I keep seeing a lot of older people so that entire seemed like a good idea," said

Shelley Watson, a Cambridge resident.

Anyone old enough to understand it should learn to perform CPR. This year 35,000 students across the region were trained.

These larger classes aren't held often only once or twice a year, but Community Assessment and Response to Emergencies holds these classes year round that teach people basic defibrillation and CPR skills.

The main thing that keeps people from learning these resuscitation skills is fear that performing CPR is the only person who can help someone but it is actually a very easy skill to learn. The Heart and Stroke Foundation has been delivering these sessions since the 1980s when CPR procedures were first introduced.

The Heart and Stroke Foundation's logo is that everyone will know CPR and how to use a defibrillator.



PHOTO BY ERIN MCKEEEN  
Atchley runs one of the longest-running series of CPR and automated external defibrillator courses in Cambridge City Hall on Nov. 12. Above, the campers at a summer

**HOROSCOPE**

Week of Nov. 21, 2010



**Aries**  
March 21 -  
April 19

The only mistake that you will ever make is not learning from one, take the time this week to see how everything did apart.



**Libra**  
September 23  
October 22

Never let your horoscope tell your fate, this is especially important this week as you'll have a chance to do something big.



**Taurus**  
April 20 - May 20

Don't be seduced with other people's hearts, don't get up with people who are nothing with your heart this week.



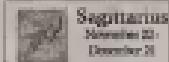
**Scorpio**  
October 23  
November 22

Instead of loving the person who wants for things to come to them, this week try to be the person who is the catalyst.



**Gemini**  
May 21 - June 21

Just because you've been lucky doesn't give you the right to take it out on the world this week, be kind.



**Sagittarius**  
November 23 -  
December 22

A joyful moment is worth far more than any amount of money, don't be afraid to spend this week living in the moment.



**Cancer**  
June 22 - July 22

Don't worry about what other people think about you this week, you'll be surprised how little they actually do.



**Capricorn**  
December 23 -  
January 19

Don't be harder than you're, and when a family member is at fault this week do everything you can to try and make it right.



**Leo**  
July 23 - August  
22

To settle in or to give up, never give up on any of your ambitions this week, you'll do so much better.



**Aquarius**  
January 20 -  
February 18

Please, please, please break someone's heart this week, they're in a love with you, and will be forever blue, just try to give a little respect.



**Virgo**  
August 23 -  
September 22

Ignorance is bliss, don't only give up what's left, try your best this week to learn everything that you can.



**Pisces**  
February 19 -  
March 20

Maybe you'll finally see that friend in a different light this week, whether good or bad, try to see past the moment.



James Wronski is the resident astrologist who gazed into the abyss and saw it gleam back at him, causing the masses to withhold before him.

# Local meals needs more wheels

**By JAMES WRONSKI**

Winter drives almost with winter dollars but rural many Northeast, Waterloo, Cambridge and North Dumfris residents look to local community organizations to assist in their winter delivery services.

With winter weather around the corner, Community Support, Community Meals on Wheels and More (CM) desperately needs more volunteers to help meet a winter meal deficit of service demands, said Roseline Horne, CM's resource development coordinator on Nov. 9.

Since May 2009 CM has increased its 200 Waterloo, Kitchener, Waterloo, Elgin and Wellington and adult meal and assistance a variety of services that allow them to continue on living at home.

While most are seniors, CM also offers assistance to adults with disabilities or mental illnesses. Many require a volunteer to constantly drive them to and from places including the grocery store or a doctor's appointment, she said.

Maintaining their dignity is a key component to aid.

"We are meant to be a bar

partner and the CSC express an interest increase in popularity, therefore requiring more volunteers, when winter's bad weather and long day light hours comes, said Horne.

Approximately 700 volunteers work to assist the needs of over 3,000 CSC clients and are at risk of becoming understaffed this winter, she said.

"Volunteers are working overtime and it's not a sustainable long term solution."

A variety of volunteer opportunities are available for anyone interested in volunteerism, in the office or out working with clients, Horne said.

Volunteers are expected to provide a police record check and when applicable, a driver's license.

Joining CM, a CSC volunteer, and there are three categories of people who use the organization's services those with a financial need who cannot afford one those who are isolated and those who need physical assistance.

Maintaining their dignity is a key component to aid.

"We are meant to be a bar

partner and the CSC express an interest increase in popularity, therefore requiring more volunteers, when winter's bad weather and long day light hours comes, said Horne.

Luckin, in his early 60s has volunteered with CSC for seven months and is mainly involved in the transportation and drivers' meeting services.

Volunteering with CSC is easy to fit into the day depending on your schedule the organization allows for great flexibility or regularity, he said.

"Being engaged in and supporting the community is extremely rewarding. It changes your mindset."

Ruth Shantz, a widow and CSC client primarily requires transportation to doctor's appointments and blood tests, she said.

Shantz stopped driving in 2008 when her strength became too poor. For the last five years, the transportation service offered by CSC is the only way she can get to her doctor's appointments, she said.

"I really don't know what I'd do without them."

For more volunteer information visit [www.cambridgemealsontwheels.ca](http://www.cambridgemealsontwheels.ca) or call 519-773-2787.

## Put recyclables in their proper place

**By JAMES WRONSKI**

Every year Cambridge throws away over 300,000 tons of trash.

In fact, Cambridge throws out \$300,000 worth for a total of \$30,000 in 2010 which includes materials collected by recycling and composting.

On the other hand, there is about \$2.25 per person per year, said Paul Wolden, environmental co-ordinator of Cambridge College.

The amount of trash thrown out negatively impacts our environment, according to Wolden, but the end result, 12 per cent of recyclable and 10 per cent of compostable material is put in the garbage when it shouldn't be. These include things such as lids, wrappers and bottles.

When it comes to waste management one option can put the whole trash

According to the contract with Waste Management, the school is supposed to provide high quality products through a low participation rate.

One plastic bottle or the opposite causes the whole lot to become unacceptable for recycling or composting. If the recycling bin will indicate the waste did not meet the bins are contaminated they will wait at a garage.

There aren't enough staff members or time to get recyclables out of the trash. That is why it is important to properly place items down and flatten the paper box.

The recycling program is constantly improving thanks to increased awareness and education.

The school holds events such as the Waste Reduction Week, Sustainable Cambridge Campings and Earth Day

event documentary screenings. Wolden has even conducted attitude surveys to assess gaps on how the Cambridge staff and students communicate about the recycling/composting programs.

Information posters have been put up all throughout the school with additional bins set up to label on the content are themselves.

According to Wolden, the college has an excellent recycling program that offers collection of more than 300,000 kilograms. Right now the program includes 15 separate努力.

Cambridge campus is part of the four local sites that have formed in every college. Half of the schools package is compost and compostable or there is no reason all students, faculty and staff can't do their part.



**PHOTO BY JAMES MCKEE**  
An arch-truss bridge was lowered into place on the Grand River Trail near the Elora Valley Golf Course Nov. 13. Above: Workers take a break after the bridge was detached from the work.

## Grand River Trail gap is bridged

By PATRICK HENRY

There's no need to walk or swim; pedestrians will be able to cross the Grand River in style as a new bridge near Elora Valley Golf Course.

The 10-metre arch-truss bridge spans the Grand River along the longest gap on the Grand River Trail. Though the bridge was lowered into place by crane on Nov. 10, construction will not be completed until next summer.

"Work is completed

including construction of access paths, ramps, trail levels at river-edge and grades at bridge deck elevation," Kitchener conservation and planning committee Councillor Colleen Collins said. "We will complete construction of the bridge deck surface so which will allow users to walk and cycle."

Funding for the \$1.4-million bridge is provided entirely by donations made to the Walker River United River Community Trail Foundation, which started fundraising for the trail in 2000.

In an effort to protect the area, no portion of the bridge will come into contact with the riverbed. Project organizers are aiming to minimize impact on the habitat, which contains bald eagles during the winter.

Though there are still some gaps on the trail, including Foywell quarry, Foyett Street, Grand River Boulevard, the St. Pauls Estate and Millwood Creek, the Grand River Trail will ultimately run 78 kilometers along the Grand River.

### REMEMBERING IN MANY LANGUAGES



**PHOTO BY JAMES MCKEE**  
Myriam Hébert, a manager at Génies et Développement Services, speaks in her native tongue on the Remembrance Day ceremony on Nov. 11.



### 1 in 5 survives fateful cancer

"Before my diagnosis, I was a professional athlete. Life was good and the future was bright."

Learn more about lung cancer



## Upcoming Career and Employment Events

### Rapid Resume Review Clinic

November 27  
9am - 1pm, Waterloo (Waterloo)

November 29  
9am - 1pm, Guelph (Guelph)

Drop by one of Co-op and Career Services' Rapid Resume Review Clinics to polish your job search documents.

No registration required.

Need assistance with:  
Career planning?  
University applications?  
Program change?



Our Career Advisors can help.  
Call ext. 2298 to make an appointment.

### Find great jobs on **MyCareer!**

Connect to a online career and employment education system for students and alumni.

(From the Student Portal, click on the "Services" tab.)



**C** CONNECTOGEN  
CONNECTOGEN  
C CAREERS SERVICES

# Puppy is still playing

A small but friendly puppy 10 years ago and a still working puppy 10 years later, Vancouver's Skinny Puppy is considered by many to be the pioneering band of industrial rock (and spiced with harsh mechanized sounding electronics) based Vancouver released Oct. 23, in a sampling of what would become Oxygén and with progressive metalists referencing tales from Ray Bradbury's short story "The Atom-Smashers," and in a theatrical style over synthpop-influenced music. The song "Oxygén" is the most popular track on the album.

Considered as a crossover track and a strong single, Skinny Puppy's "Oxygén" currently has sold 100,000 copies, and the record has been well received and praised. The song is Ray's favorite. "It's about a group of people who have been lost or are confused, separated, and with a will to live on his own, continued to travel and work with Skinny Puppy until he died last year." In the song "Oxygén" lyrics, "My heart can't measure the distance long enough to measure." It's a dropping to "your military" Pepper that tender.

The new release comes with the update of not up-to-date Canadiana, in that it's about the location of an quirky rock factory and electronic sounds. The rest of the disc is a mix of existing, reworking electrons and some industrial tracks, full of noise and bass.

The one that "Puppy" is growing up already apparent in the title — "Oxygén" over the government and corporate links, exploring tax payers' money and resources. As lonely and as appropriate as the theme is to the Occupy movement, Oxygén has concluded that the



Diana  
Den Besten  
Spinster

connection is a coincidence. Oxygén, after all, took those years to be developed.

This puppy has stayed true to itself and at the same time, grown into a matured beast. In spite of previous hate the guys will be top form. Peppermint, that all important unexplainable in great music, is now present, as does 10th release, Head Down, is a rock and roll fantasy that it could even even a neglected, wacky dog of any age tell or appreciate.

## ABOUT PUPPY

- Both Nivek Ogre and others have the same first name (Nivek), creatively imagined in their stage names.
- Ogre and Key have the only original members and the only original members still with the band (original member Christian Gordan died in 1993).
- Key is a Christian band and the one is devoted out loud.
- Ogre has a solo life, writing career, most recently "finding a role in Regal Theatres' Opera alongside Bryn Terfel and Renée Fleming.
- Some of Skinny Puppy's favorite themes through the years have been mental illness, addiction, disease and spirituality.
- A stimulated-vintage version of a mutated dog named "Cloud" landed the entire band in jail for a night when someone at the court thought it was real.



Photo by Jason Barnard

Colbie Furtado, a second-year business administration — marketing student at Thompson College, raised money through spare change donations for Reaching Our Student Friends at Home & Partners and other Convocation students also collected change for the Waterloo Region Department

## COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Waterloo. Use this. It might be interesting for you to complete the inventory and then compare your score with the average student.

- |                               |                                |  |
|-------------------------------|--------------------------------|--|
| <input type="checkbox"/> True | <input type="checkbox"/> False | 1. I have drunk 8 or more drinks (or equivalent since in the last two weeks)   |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 2. I have drunk 10+ alcohol at least once in the last two weeks  |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 3. I have drunk alone in the last 2 months   |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 4. I have drunk absolutely (at least 10 days in month) for the last month  |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 5. I have drunk or driven (driving under the influence of alcohol) at least once in the last 2 months  |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 6. I have drunk during the last 3 months so that I couldn't remember that I had (or didn't) do (or eat) mostly without alcohol (ie. talk, work, to make out) |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 7. I have experienced a blacked (memory loss) while drinking in the last 2 months  |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 8. I have been under the influence of alcohol in the last 2 months   |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 9. I have missed school or work due to the effects of alcohol at least once in the last 2 months   |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 10. I have experienced withdrawal (shakes, sweating, blurred vision) after stops (drinking) in the last 2 months   |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 11. My drinking has ruined my personal relationships in the last 2 months  |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 12. During the last 3 months, I have also drunk a larger amount of alcohol a longer period of time than intended   |

### Score:

Add your scores in quadrants 1-12 (and give me each True answer). This is your inventory score. The range is 0-12. 80% of UWEC students average score is 2-4 units of UWEC students score 5 or more.

If an answer to any question or prior hold more concerns you, please consider talking to a counsellor of Counselling Services.

"Alcohol is causing you or those around you problems you have a problem with alcohol."

## Accounting students need speed

Computer accounting students will need more speed.

The Waterloo College Accounting Association is hosting its third annual Speed Networking event on Nov. 20 from 6 to 7:30 p.m. in the Inner Auditorium (Room 300).

Students attending the event, which is adapted from the popular speed dating concept, will have an opportunity to speak with every gallery

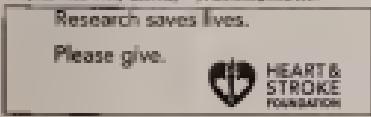
professional in attendance during round intervals of ten minutes.

The event helps accounting students build a list of contacts, find out more about a position they really like, or see what is available on the other side of the podium in other industries.

For more information about the event, visit [www.caaw.ca](http://www.caaw.ca). To RSVP, email [caaw@uwaterloo.ca](mailto:caaw@uwaterloo.ca).

**Research saves lives.**

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# Local musicians release new album

By MARIA BOURGEOIS

Concordia College student Franklin Pilon is leading his band to success.

The rockabilly garage band consists of the lead singer of Death Capital, a band classified under industrial in the world of music.

Industrial music is the style of music and machines and the concept that man can be replaced by machines. This style of music has been around since the early 1980s.

The group's new album, *World of One*, was supposed to be released last summer, but was pushed back to this winter because of a collection of everything they've worked on so far and they wanted it to sound perfect.

The band only plays about twice a month due to their heavy school workload but if they are good often find them playing at the Chrysalis Theatre in downtown Thunder Bay.

As for Pilon himself, he started playing guitar when he was three and continued to pursue his love of music by learning the bass and keyboards as well. His father runs a recording studio, so he was raised in a musically inclined family.

He started playing music by himself at first, writing songs by T-Pain and Backstreet, and then went on to play in rock and metal bands. He brought together Death Capital in August 2002. They played all over North

America, and went on a tour of Ontario during March Break.

He says, "I get along really well I play for lots of people at bars." Pilon said, "Anything shows that I'm perfectly fine."

Although music is a part of his life he plans to spend his future as a graphic designer. He works with graphics, colors and creativity. "I do a lot of production work for other people," he said.

As the executive authority over Death Capital, Pilon is the one to approve any changes made to the band's image and sound.

Their new song *Domination* will be the first single off their next album, called *Cryptic Order* (a concept album), due to be out this

# ENEMY



Damon Bechard 20 and his son

For more information, visit [www.deathcapital.com](http://www.deathcapital.com)

**MON**



## HEALTH & WELLNESS WEEK

**10AM - 1PM**  
Interactive Games, Challenges and Activities Hosted by  
Participate Wellness Program  
General Info and Services — Health Options Program  
<http://www.sfu.ca/hsu/hsu/hsuinfo.htm>

**TUES**

**10AM - 12PM**  
Interactive Games, Challenges and Activities Hosted by  
Participate Wellness Program  
General Info and Services — Health Options Program  
<http://www.sfu.ca/hsu/hsu/hsuinfo.htm>

**WED**

**10AM - 1PM**  
Interactive Games, Challenges and Activities Hosted by  
Participate Wellness Program  
General Info and Services — Health Options Program  
<http://www.sfu.ca/hsu/hsu/hsuinfo.htm>

**THURS**

**10AM - 12PM**  
Interactive Games, Challenges and Activities Hosted by  
General Info & Services — Health Options Program  
Display presented by Health Services

**FRI**

**10AM - 12PM**  
Interactive Games, Challenges and Activities Hosted by  
Participate Wellness Program  
General Info and Services — Health Options Program  
Display presented by Health Services

**HEALTH WATCH!**  
**10AM - 12PM**  
Interactive Games, Challenges and Activities Hosted by  
General Info & Services — Health Options Program  
Display presented by Health Services

**HEALTHY EXERCISE!**  
**10AM - 12PM**  
Interactive Games and General Activity —  
Participate Wellness Program  
Display presented by Health Services

**November 21 - 25 AT DOON CAMPUS**  
**STUDENT LIFE CENTRE and E-WING**

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## Four Year Strong: Dying to rise after a knock down

Four Year Strong's latest contribution to the music world is *In Some Way, Shape or Form*, an EP cut from the former band's post-punk.

This album, marking a year after the 2002 release of *Enemy of the World* and the departure of lead singer Jack Lighfield, is a pale comparison to a dark, tight and unpredictable batch of their previous EPs.

Pino said in discussing our the newest line, "It was real to each to be Four Year Strong eight years" and meant up to *Moving from the Equator* the only track from the group's early and most long lasting form known that reached the band's live line.

With *In Some Way, Shape or Form* the band has gone in a completely different direction, and seems to be desperately grasping for tools with more appeal. Since the audience often goes and looksides, in place of palpable roller coaster.

The release of the single *Stack in the Middle* prompted fans to declare the album "*The Four Strong*" due to its

Damon Bechard 20 and his son

unprecedented changes in sound and sensory responsiveness to the Four Year Strong. Though this comparison may be overstated, the album certainly does live up to the name of a confusion that put them on the map.

Other comparisons could also be made to Queen with the guitar solo to Only the Lonely on *Bohemian Rhapsody*. While people may not realize it, the most over the counter for the band, the same where classic rockers creation of every song becomes instantly predictable.

Although *In Some Way, Shape or Form* is not a turn in the album, a certain edge does reach the musicians from time to time in respect of Pino. The band struggles to find an identity with this album, and here's hoping they find it in their next release and "prove that they're not dead and gone."



# For the love of the game

**By JEFF BROWN**  
Paul O'Brien, executive director of marketing, corporate communications, athletics and events at Carleton College, poses in his office with some of his hockey mementos.

During the 2010 Winter Olympics, Canada won 14 gold medals but it was one golden goal that many Canadians remember. For some people, hockey is not just a game, it is a part of their life.

One of those people is Paul O'Brien, who, when he definition of a passionate hockey fan who understands the game but always wants to know more.

O'Brien works as the executive director of marketing, corporate communications, athletics and events at Carleton College and has lived through some of hockey's greatest moments. His passion for hockey goes back to his play days as a young child and is color consistent in his life如今。

Growing up in Oshawa, Ontario, grew to love the sport as a player himself and to his dad who coached him.

"He played on the old Stewart Street, which had old boards that were really thin and the oil always seemed to leak," O'Brien says. "Hockey was a great thing you did with your friends," he said.

O'Brien and his parents attended the Ottawa Hockey major's Oshawa Generals hockey games when he was

growing up. "It was such a high level of hockey and in the same time, it was affordable," he says.

His parents had a season ticket so he was there and got to see one of the greatest performances ever to play the game — Bobby Orr — who played for the Generals. O'Brien grew up watching Orr dominate the NHL, in Boston, but he never got to see him play in Oshawa.

O'Brien still has a small photo that was signed by Orr, and continues to collect different types of mementos. One of his most unique pieces is a piece of Orr's old hockey shaft from his 16-year pro career days as a General. "The shaft has 'Orr' and his famous No. 8 written on it."

In front of his career, O'Brien started working at the radio industry where one of his friends knew former hockey player, Tommie Murphy. With the help of his friend, O'Brien was able to experience one of hockey's most iconic moments.

In the 1968, the Edmonton Oilers faced off against the St. Louis Blues in the Stanley Cup Finals. The game took place on Jan. 15 at the old Boston Garden and during one of the goals, all the lights went out. The game was cancelled and eventually moved back to Madison

Square to watch the home team play the New York Rangers. Despite losing it was a great experience.

Maple Leaf Gardens means a lot to O'Brien and his family. During the 1980s last game before the Gardens closed, O'Brien brought his son to a game. The Leafs beat off a pitiful, the Toronto Raptors and during that game O'Brien luckily became one of the Maple Leaf photons, players who were taking a picture or taking shots of the game. O'Brien said his son was sitting in the well behind the rink and in the second period, their mom to clear the air around and the photographer captured their encounter. The photo is now and dear to O'Brien's heart.

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Square that Stanley Cup Final. O'Brien and his family stayed with Boucquey Thanks to the roofing contract, during the final game, O'Brien was able to get full access to the Boston Gardens and even played tabletop hockey with NHL Hall of Famer Cam Kennedy.

Only a few years later, O'Brien was at one of the greatest hockey games ever played.

It was the 1987 Canada Cup in Hamilton, Ont., that saw Canada trounce the Soviet Union in the finals. Canada needed to win the final two games in order to win the series. The second last game of the series saw Canada win by a score of 4-3. Double overtime after Marc Lavoie collected the puck off a rebound to score the winning goal.

O'Brien actually worked for Canada's double overtime after Marc Lavoie collected the puck off a rebound to score the winning goal.

The one thing that O'Brien loves about the game is the passion and they have a great amount of young talent and will be dangerous moving forward. He used to watch out for defenceman, Mark Pugs, president as well as the next great player out of the Stars organization.

working as co-chair of the 2002 Memorial Cup, which is a 10 day tournament that displays the best teams in the Canadian Hockey League.

Since O'Brien stopped working full-time with the Stars, O'Brien has helped five of the Stars' players including Los Angeles Kings captain, Dustin Brown.

When Brown first came over as a Major kid from the United States, O'Brien said it was a bit of a struggle for Brown to adjust but it was the right move to make for Brown's hockey career as he made the NHL only three years later.

O'Brien keeps in touch with Brown and recently visited him with his family for five days and attended a few Kings games.

O'Brien describes the relationship with the Bills as a mutual尊重 and mutual Brown point out, he has not seen the young player since leaving the Oshawa household because they are still the best for the year.

Talking about the Doug MacLean Show, O'Brien said they have a great amount of young talent and will be dangerous moving forward. He used to watch out for defenceman, Mark Pugs, president as well as the next great player out of the Stars organization.



# WANT A MO T-SHIRT?

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- 2** DONATE A MINIMUM OF \$10.00 TO THE TEAM OR A MEMBER OF THE TEAM
  
- 3** CHECK BACK IN THE CSI OFFICE ROOM 2A106 MID-NOVEMBER WITH YOUR STUDENT CARD OR PIECE OF ID TO RECEIVE YOUR FREE SHIRT!